



## Eureka Strikers Players Behaviours Agreement

*CULTURE = values and beliefs that can only be judged through actions and behaviours.*

### **Organisation:**

- Always being on time to games and training.
- Always coming prepared with the correct equipment (e.g. bringing shin pads to every training session).
- Using the TeamApp to RSVP to events and notify coaches/managers when you are unavailable.

### **Looking after yourself:**

- Pre game preparation (including hydration, getting adequate sleep and eating the right foods).
- Injury management (seeking physio if needed, training within your own limits, listen to your body).

### **Be good sports:**

- Not putting others down.
- Shaking hands with the opposition.
- Acknowledge opposition player when they get hurt in a battle (shake hands, pats on the back).
- Helping out with packing up/setting up at games and training (e.g. cones and balls, strips, strip bags and first aid bags etc.).

### **Honest:**

- Being honest with yourself: putting in 100% effort, listening to your body and acknowledging if it needs a rest/is injured.
- Being honest with the coaches: keeping the coaches informed of any injuries or niggles, speaking to the coaches about any issues.
- Being honest with your teammates: be willing to give honest and constructive feedback to teammates.

### **Do what is best for the team NOT yourself:**

- Be accepting of coaching decisions regarding positions.
- Be honest with yourself, the coaches and your teammates about your injuries.

### **Take pride in your club:**

- Being respectful out in the community (e.g. be polite to the public and respectful to public property).
- Always cleaning rubbish out of change rooms, dug outs and other areas when finished.
- Have respect for the values listed on this page by following the behaviours agreed upon.
- Clean language (no swearing at people or in a public environment).

### **Communication:**

- Always address problems with the appropriate people (coaches, leadership group etc).
- Ask questions when you do not understand (its ok to clarify!).
- Provide encouragement for teammates (especially if you see a teammate struggling).
- No excuses on or off the pitch (accept the feedback without getting defensive – people only give feedback to people they want to help).

### **Leadership:**

- Everyone has the responsibility to provide teammates with feedback.
- No cutting corners (everyone should be leading by example).

**“What are you doing when you think no one is watching? Are you demonstrating these behaviours even when no one is around?”**